

Amendments to the Specification:

On page 2, please replace the second full paragraph with the following paragraph:

Various approaches have been taken in the past to improve upon support apparel such as back supports. For example, U.S. Patent 5,548,843 to Chase et al. discloses an improved back support. That particular support discloses a back support with numerous adjustments including the use of a beaded pad (best shown in Figs. 4 and 5) disposed at an adjustable position in the small of the back of the human wearer (see, e.g., pad [13] 3 in Fig. 2).

On page 7, please replace the first paragraph under “Description of the Invention” with the following paragraph:

Referring to FIG.1, reference numeral 1 represents an illustrative embodiment of a prior art back support. Back support 1 includes a support belt 3, shoulder strap or suspenders 5, and a secondary belt 7. It should be understood that belt 3 preferably includes support stays [build] built therein in the conventional manner. Back support 1 is worn around the lower torso of a wearer “W” to provide support for the wearer’s back. Shoulder straps 5 are connected to support belt 3 as shown at 6 on the left and right sides of the front portion of the best and are connected to the back portion 3A of belt 3 as indicated at 8. The shoulder straps could include conventional quick-release fasteners if desired. The shoulder straps include a pair of loops 21 and 23 through which pass secondary belt 7.

On page 10, please replace the second paragraph with the following:

The protrusions, labeled 51, are shown in Figs. 4 and 5 extending anteriorly (inwardly) from a side panel 53 of the support belt toward the body of the wearer. The protrusions of Fig. 4 are hemispherical, while those of Fig. 5 are conical. Other shapes could, of course be used. It is preferred that side panels 53 have a firmness that is higher than the average firmness of the support belt to provide a foundation for the protrusions. It should be understood that the location of each side panel (or the protrusions themselves, when no separate side panel is present) is determined from factors such as body shape, body size age, conditioning, and sex of the wearer.